



CELEBRATING
over 50 YEARS of
Nature Care College
Learning for Life, since 1973



PROFESSIONAL CERTIFICATE IN
**ENERGETIC
HEALTH**

naturecare.com.au

2024 COURSE OUTLINE

LOVE YOUR WORK | LOVE YOUR LIFE

Start a rewarding career as an Energetic Health Practitioner!

'Learn to Practice Energy Management for true wellbeing'

The **Professional Certificate in Energetic Health** course teaches the fundamental energetic & vibrational health principles to achieve long-term wellbeing by empowering people to manage their personal energy & become more responsible for their health.

As we live longer, we need to enjoy a higher quality of life. Energy medicine is crucial in empowering people to look after their health.

What is an Energetic Health Practitioner?

Energetic Health is about bringing a person's body system back into balance, encouraging healing and vitality on all levels.

An Energetic Healer works with a person's subtle bodies to identify any blockages to healing and assists the client to release these blockages. A high degree of client awareness and participation in their own healing and personal growth is promoted, as is exploration of the mind, body and spirit connection.

AN ENERGETIC
HEALTH COURSE
THAT DELIVERS
STUDY/LIFE
BALANCE

Course Duration: 1 year part-time with a well-balanced study load

Intake: Annual intake commencing 30 April

Study Options: The Course Program is delivered live on line. Each subject allows for an 80% attendance requirement.

An Energetic Health Practitioner draws on a diverse range of therapeutic & diagnostic approaches, including:

- Meridian Energy System, Chakra, and Aura assessment and balancing
- Guided visualisations
- Working with the human energy field and developing healing processes
- Working with the body-mind relationship to facilitate health and harmony
- Vibrational tools such as crystals, dowsing, sound, colour therapy and essences
- Releasing blockages and equipping clients with the tools to create a growth mindset & engage in positive emotional practices to make long term beneficial changes in their life
- Work in collaboration with clients to integrate physical wellbeing with mental, emotional and spiritual practices.





What you will learn

The college has been at the forefront of emphasising the importance of energetic awareness and education since the 1980's. Educator, Practitioner and Author Martine Negro has over 30 years' experience understanding the energy dynamics of the human system. Martine has worked with the college to develop our Professional Certificate in Energetic Health to empower people and practitioners to practice energy management for true wellbeing.

The Professional Certificate in Energetic Health is a course that facilitates the practice of energy management, which is a core aspect of our health industry. Your studies include theoretical, experiential and practical training in the history, principles and techniques of energetic healing including; the meridian system (energetic anatomy), chakra, meridian and aura assessment and balancing, guided visualisations, developing and refining your intuition, releasing blockages, specialist counselling skills and the use of tools such as colour therapy, essences, crystal and pendulum work in practice.

Along your learning journey you will be stimulated by your newfound knowledge, meet like-minded people, and be equipped to start a new fulfilling career that will provide powerful and lasting benefits to others.

Who is this course for?

This course is geared towards anyone who wishes to practice as an Energetic Health Practitioner.

Working in collaboration with clients, an Energetic Health Practitioner works with the mind, body and spirit connection to facilitate healing and growth at an energetic and spiritual level to restore vitality.

It is a transformational course to empower people to practice energy management for their own well-being and is a valuable course for practitioners of other modalities to expand on their knowledge and integrate energy medicine into their practice.

Course Enrolment

You are welcome to enrol if you are 18 years and over.

Recognition of Course

Nature Care College is an approved, recognised provider for the Professional Certificate in Energetic Health with the International Energetic Healing Association (IEHA) and the International Institute for Complementary Therapists (IICT). Once you graduate with your qualification, you are eligible to join IICT to gain personal indemnity insurance to practice.

IEHA - International Energetic Healing Association

Nature Care College is an approved, recognised provider for the Professional Certificate in Energetic Health with the International Energetic Healing Association
Visit: www.internationaleha.org



IICT - The International Institute for Complementary Therapists

IICT is a professional membership body that provides membership to thousands of natural therapy practitioners worldwide. IICT represents the world's largest list of recognised natural therapy modalities.

Professional membership & insurance for Every Therapist - Once you have graduated with your Credential from Nature Care College, you are eligible to join the IICT

Visit: www.iict.com.au **IICT - The International Institute for Complementary Therapists**



The Nature Care Benefit

- Training Practitioners since 1973 - learn from experienced, passionate educators
- Quality education at an affordable price.

The college's quality education is complemented with great value courses to support people in transitioning into work they love!

Our Professional Certificate in Energetic Health course gets you started in the industry at an accessible course cost.

About Nature Care

We **LOVE** what we do and are proud to be at the forefront of educating people in taking a holistic approach to health and healing with a focus on preventative natural healthcare.

- > For over 50 years we have been proud to provide a platform for experienced holistic practitioners to pass on their wealth of knowledge as educators.
- > Since 1973 Nature Care is Australian owned and continues to lay the foundations for future holistic practitioners who have been taught by educators with a wealth of expertise.
- > The college's name comes from "Nature Cure" which was used throughout Europe in the 18th century to describe naturopathy the nourishing concept of "Care" replaced "Cure".



*“We are surrounded by energy,
affected by energy... we are energy.
Universal law teaches us that
energy seeks balance.
As energetic beings, we strive to find
this balance in mind, body and soul.”*

– International Energetic Healing Association (IEHA)

ONE YEAR STUDY PLAN

Study Period 1

- Introduction to Energetic Health Concepts
- The Meridian Energy System
- Nourishing the Self
- Energetic Health in Practice (sessions 1 & 2)

Study Period 2

- Energetic Tools for Transformation (EFT) – Level 1
- Dowsing as an Energetic Assessment Tool
- The Chakra Energy System
- Energetic Health in Practice (sessions 3 & 4)

Study Period 3

- Energetic Tools for Transformation (EFT) – Level 2
- Energetic Health in Practice (Session 5-12)

Study Period 4

- Energetic Health Practicum
- Clinical Training Practice

For subject dates and times, please view the Timetable.



Your subjects

Introduction to Energetic Health Concepts

The course introduces concepts of energy; the body-mind relationship; and energetic perspectives of health, healing and wholeness. Vibrational tools such as Crystals, Sound and Essences, used by energetic healers to facilitate health and harmony in clients, are also introduced.

The Meridian Energy System

A study of systems of anatomy beyond the physical, introducing the theory and experience of energetic flow through the meridian system and reflex areas giving depth and understanding to the energy forces that shape our health and wellbeing.

Energetic Tools For Transformation Level 1 (including EFT)

This highly experiential subject will introduce you to the foundational aspects of proven energetic tools that create real and lasting transformation (including EFT, also known as Tapping).

You will learn and practice simple yet powerful techniques that allow you to shift limiting beliefs and disempowering emotional/energetic states, and work with a number of common personal challenges, including stress, pain relief, self-esteem and body image.

Energetic Tools For Transformation Level 2 (including EFT)

This advanced level course is for those therapists and health practitioners who have completed level 1 and who now wish to incorporate these energetic tools into their current modality, working with clients in the context of a therapeutic/coaching/healing practice and/or clinic.

Nourishing the Self

This personal and experiential subject honors our interaction with our internal and external environments. We will explore the subtle and gross elements which enrich or imbalance us - from the food we eat, to the pastimes that inspire us, and to our relationships with ourselves, others and our planet.

Dowsing as an Energetic Assessment Tool

Dowsing is a means of accessing information using a pendulum, via your body's own natural electro magnetic sensitivity in answer to a clearly defined question. At this relaxed, hands-on, interactive, practical seminar, dowsers will learn the basics of 'what, why, how and when'.

The Chakra Energy System

An in-depth study of each chakra and its relationship to the mind, body and spirit. You will learn to develop an awareness of the energy fields and chakras, working to harmonize and rebalance chakras.

Energetic Health in Practice

This will provide students with the knowledge and practical skills to enable understanding of working intuitively with the spiritual realm. Learn to recognize and work with the human energy field and develop understanding of the energetic healing process.

Energetic Health Practicum

Links together all theoretical and practical components of the Professional Certificate in Energetic Health and examines links between individual subjects studied. Options for clinical practice (including working individually, with others and referrals) and ethics of practice are also discussed. Students will review journals which have been kept during the course of their studies and discuss case studies.

Clinical Training Practice

Clinical Practice is a very exciting part of your training. In your final term, Clinical Practice is where students put their knowledge into practice under the supervision and mentoring of experienced practitioners and educators. Your Clinical Practice training is delivered live online at the scheduled time in our virtual clinic. Prior to the commencement of your Clinical Practice training it is compulsory for students to have a consultation with an Energetic Health Practitioner who is a member of the International Energetic Healing Association (IEHA). The consultation is to be organised externally by the student & is at an additional cost.



Frequently Asked Questions

Who are my Trainers?

The college has been at the forefront of emphasising the importance of energetic awareness and education since the 1980's. Educator Practitioner and Author Martine Negro has over 30 years' experience understanding the energy dynamics of the human system. Martine has worked with the college to develop our Professional Certificate in Energetic Health the result being the most relevant & comprehensive qualification in the field for those wishing to become an Energetic Health Practitioner.



YOUR TRAINERS

Martine Negro

Martine Negro has spent 30 years practicing Oriental Mind Body Health and has helped thousands of students understand the energetic dynamics of the human system. Martine is a co-founder and trainer in the Professional Certificate in Energetic Health at Nature Care College, author, co-initiator and life member of The International Energetic Healing Association and president of the Dowse Society of NSW. Martine is the author of the book: *"Hacking the Wellbeing Code through Energetic Intelligence"*.

Irina Gladushchenko

Irina's background in Information Technology led her to Nature Care College in 2010 to look for the new ways to destress and learn stress management skills to support her with her highly demanding Senior IT Architect role. Completing her Holistic Counselling Diploma and achieving Meditation Facilitator level in 2012, Irina joined a Holistic Therapies clinic in Maroubra. After completing Energetic Healing in 2014 and completing her Cert IV in Workplace Training and Assessment, she successfully expanded her work to groups by co-creating and co-facilitating BrainSpa retreats around the world. Irina started lecturing at Nature Care in 2015 and has since become the President of the International Energetic Healing Association (IEHA). Her personal motto is to **"FIND PEACE WITHIN TO RADIATE IT INTO THE WORLD"**

Luca Orlandi

During many years in the luxury retail industry, Luca has taken his personal journey to an inward level. Having experienced firsthand the search for happiness in acquiring more goods, becoming prettier, wealthier, and trendier he noticed that certain human needs were not acquirable on the shop floor regardless of your level of income. Out of curiosity, he started to explore a holistic approach to life just before moving to Australia from Italy. During his exploration, he obtained a Diploma in Energetic Healing from Nature Care College, where he also integrated studies with a Professional Certificate Emotional Freedom Technique, a Professional Certificate in Meditation Facilitator and Aura-Soma.

"Everything is made of energy. This is the basic understanding that allows us to embrace reality as a whole. Being able to resonate with the natural flow of energy in our life allows us to live a life that fulfils our soul, guiding us toward our purpose"

"Life is an opportunity given to us in order to learn and grow from our own personal experiences. I believe there is not a right or wrong way to live our days as long as we keep our own personal balance, in full respect of others and the environment. Undertaking studying in Energetic Healing has been one of the most rewarding experiences of my life."

Having founded "Ynot You" in 2015, Luca now shares his findings with clients in order to help them restore their personal balance and live a fulfilled life.

Course Program Payment Options

Nature Care has a long history of making natural therapy education accessible & open to everyone. The college offers a range of payment options to assist people with their budgets. There are 3 payment options available.

You enrol and pay course tuition fees on a Study Period by Study Period basis.

OPTION 1: RECEIVE A 5% DISCOUNT

Pay the course tuition fees in full upon enrolment to receive a 5% discount.

To receive the 5% discount, you must enrol three weeks prior to the start of the course.

OPTION 2: PAY PER STUDY PERIOD AS YOU PROGRESS WITH YOUR STUDIES

You can enrol with a course deposit of \$200 & the Course Program Enrolment Fee of \$95.

The balance of the course tuition fees is payable by the start of each Study Period.

OPTION 3: PAYMENT PLAN

The benefit of a payment plan is that it helps you to budget & pay for your studies in weekly instalments. This enables you to spread the cost of your course tuition fees over the duration of each Study Period.

To enrol an initial deposit of \$200 & the Course Program Enrolment Fee of \$95 is required to secure your place in the course program. The balance is paid off in weekly instalments throughout each Study Period.

*A 10% payment plan access surcharge is applied to the balance owing after the start of each Study Period.

Professional Certificate in Energetic Health Course Tuition Fees

Course Program Enrolment Fee \$95

Study Period 1 \$1810 **Study Period 2** \$1065 **Study Period 3** \$490 **Study Period 4** \$1875

Paying with 5% Upfront Discount

Study Period 1 \$1719.50 **Study Period 2** 1011.75 **Study Period 3** \$465.50 **Study Period 4** \$1781.25

Paying with a Payment Plan

To enrol an initial deposit of \$200 is required per Study Period and the balance can be paid in weekly instalments as outlined below.

Study Period 1 \$177.10 for 10 weeks

Study Period 2 \$95.15 for 10 weeks

Study Period 3 \$39.87 for 8 weeks

Study Period 4 \$122.83 for 15 weeks



Career opportunities

Career opportunities for Nature Care graduates are bright and prosperous. The popularity of the natural therapies and wellness industries globally has increased the demand for qualified Energetic Health Practitioners. Nature Care College has a long-standing reputation as one of the country's most reputable Natural Therapy colleges.

Practice as a Energetic Health Practitioner in private practice, or, in Health and Spa Industries, Workshop Facilitation, Corporate Wellness Programs, or pursue a career in media and education.

Recognition of Prior Learning (RPL)

We recognise prior learning and encourage you to apply. If you have fully or partially completed formal study within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition by submitting the Recognition of Prior Learning Form available from our website

www.naturecare.com.au

Energetic Health Study Options and Career Paths

COURSE

OUTCOME

INTRODUCTION TO
ENERGETIC HEALTH CONCEPTS
(SHORT COURSES)



PERSONAL GROWTH OR
TASTE TEST FOR
A CAREER CHANGE

ENERGETIC TOOLS
FOR TRANSFORMATION
(SHORT COURSES)



PERSONAL GROWTH OR
TASTE TEST FOR
A CAREER CHANGE

PROFESSIONAL CERTIFICATE
IN ENERGETIC HEALTH



PRACTICE AS AN
ENERGETIC HEALER & TAKE
A JOURNEY OF DEEP
TRANSFORMATIONAL GROWTH

*'A symptom is the body's alarm system.
It works the same way as the red light
on the dashboard of your car.'*

– Martine Negro



The Experience

I have discovered my true essence through the Energetic Healing course. Each subject and all the lecturers have been very inspiring. They helped me to grow spiritually. I gained confidence to go into the field. - *Izumi*

Nourishing The Self is a great course that taught me how to nourish both myself and others. Both Emma and Irina were both amazing teachers. - *Carolyn*

I have thoroughly enjoyed Meridians and learning about the intricacies of the human body! - *Nicole*

I Loved learning about the Meridian Energy System so much and will definitely put what I learnt into practice. Martine the teacher is very knowledgeable and helps you to understand the Meridian's easily. - *Carolyn*

Introduction to Energetic Health Concepts is a beautiful exploration of the philosophy of the healer as a guide to self-healing. Martine is an expert and passionate instructor, who creates a safe environment for everyone to learn and grow with a sense of fun. - *Louise*

Completing the Professional Certificate in Energetic Health has helped me find better balance in my life, as well as giving me the tools to take my Naturopathy practice to a whole new level! The lecturers were passionate, kind, and knowledgeable, and it was so wonderful to go on this transformational journey with the other students in the course. - *Sally*



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